



# UMC LAKE AND RIVER PARISH NEWSLETTER

2<sup>nd</sup> QUARTER 2022

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## From the Pastor

My beloved Friends, it is with mixed emotions that I am reminded that the time of my departure from the Lake and River Parish Churches and Communities is fast approaching. Felix and I thoroughly enjoyed our time of fellowship, love, and friendship in your midst.

Ministry has brought many opportunities for learning, growth, and development for us all. I am grateful for each of you, particularly who wholeheartedly and joyfully embarked with me in the pursuit of God's call to "Make Disciples for the Transformation of the World". I praise God for all that God permitted for us to do together in the last two years.

We are still in the Lenten season which will lead us into Easter, the Resurrection Sunday, where we remember the love that Christ showed mankind when he made the ultimate sacrifice on our behalf. He is risen from the dead, so we truly have reason to celebrate! We too are a Resurrected people and should be expressing our gratitude to God and celebrating all-year round and not one single day.

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(cont. from Pg. 1)

The resurrection story forms the essence of our faith and should be shared widely; we know that, in Christ, death can be defeated and give way to everlasting life. By remembering this throughout the year, we can find relief from the burden of sin as well as greater joy in the blessings of everyday life. Christ's resurrection gives us a reason to live not only for today, but to sustain hope in our future, no matter how difficult the circumstances we currently may be facing.

While Easter calls our attention to Christ's remarkable sacrifice, we should never lose sight of His willingness to give His life for our sake. While it is important to honor Him on Easter, our efforts should continue throughout the year. We can do so by regularly reading and studying the Bible, praying with and for one another, being witnesses to God's love and grace, gathering with other Christians for fellowship and showing gratitude for the myriad of blessings in our lives, and certainly build a stronger relationship with Christ.

Christ loves us even though we continue to sin, and through His love, we are transformed. While it's impossible for any mere human to achieve this level of unconditional love, we can do our best to emulate His example, even when this proves challenging. Let us stay the course, strive to show kindness, hospitality, compassion, support and grace for others, just as Jesus has done for us.

May we experience life, power, salvation, and victory, and embrace the grace and experience of our own Resurrection, as we experience and embrace the power of love in the Resurrection of our Lord.

A Blessed and Happy Easter to you and all your loved ones!!

With much love and gratitude,

*Pastor Chris*

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## **Easter Services**

Join us for our upcoming Easter services:

**Good Friday Services** (4/15/2022) will be held at noon at Three Mile Bay United Methodist Church, and at the United Church of Cape Vincent at 6:00 pm.

**Easter Services:** 17<sup>th</sup> April 2022

- Sunrise Easter Service – outdoor at TMB, 6:00 am
- UCCV Service at 9:30 am with Holy Communion
- TMB Service at 11:00 am with Holy Communion

## **Birdsong, Easter Morn**

Come...

Climb the hill as sun breaks the dawn  
The robins sing a whole new song.  
Jesus is not here, He's gone!  
The stone no longer guards the tomb.

The birds know life is new this morn!  
Swallows, robins, gulls and crows  
sing songs of hope and joy.  
Winds carry the message so very clear...  
REJOICE! He is no longer here!

While humans stand and wring their hands  
Nature knows what man does not...  
The clouds stream GLORY! Holy Spirit come!  
The Savior reigns, so says the sun!

When rustling grasses dance  
And snowdrops lovely fill a bed...  
Rejoice with nature, the Three in One  
Who through His death our lives are won.

So RISE and SHINE and give God the glory, Children of the Lord!!

- Sharon Briggs

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## **Watertown Area Rescue Mission (WARM)**

The Watertown Area Rescue Mission is in its formative stage and has a goal of providing warm food, showers, rest, and guidance to our homeless brothers and sisters in a secure setting. They are in the process of finding a building and hope to be open by late fall in order to provide warmth to those who need it.

Stay tuned as this may be an organization we can work with to spread the love of God. For more information, please call Julia Gosier at 315-649-5452.

## **Pastoral Change and Next Steps**

As you may or may not have heard by now, Pastor Christiane has been asked to accept, and has accepted, a Pastoral position in Binghamton, NY. We are all saddened to see her go and truly wish her the best in her new role.

As we move forward, the members of your S/PPRC (Staff/Pastor Parish Relations Committee) and Administrative Councils are prepared to work together with Rev. Michael Weeden, Superintendent of the UMC Northern Flow District, to ensure we are on the best pathway forward to bring growth and success for our Parish. We will provide updates as we have them in the coming weeks and months but, if you have any questions at all, please feel free to reach out to Pastor Christiane or any member of your S/PPRC.

Members of the S/PPRC are as follows:

- UCCV
    - Linda Rowe (Chair)
    - Perry Golden
    - Pat Regan
    - Sandy Coombs
  - TMB:
    - Sally Grimshaw (Lay Leader)
    - Julia Gosier
  - PP:
    - Tammy Beerman
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## Reflection on the Trials of Life

There is much wisdom shared in the Gospel of the trails of life and the difficulties of negotiating life's storms in our ever-changing world. It is so easy to condemn ourselves in times of regret and loss. We say to ourselves, "I should've done this, or I should've said that". Those should have keep us wallowing in bitterness and keep us away from God. It is easy to say, "just keep on keeping on or time heals all wounds" but wallowing in those wounds and recounting the brokenness we feel when we fail keeps us away from God. It keeps us in a state of disappointment and bitterness. We all know that feeling that we just cannot shake off.

In Act 28, Disciple Paul and his companions are in a terrible storm at sea. The ship is lost, but the crew cling to pieces of ship wood floating in the ocean and they make it to the shore of Malta. The natives of Malta welcome them, and they make a fire to warm themselves up. Just when they feel the refuge of the island and the warm fire, a poisonous snake bites Paul and clings on to his arm. What does Paul do? He shakes the snake off and goes about his business of serving the Lord. Of course, we can see that God had Paul in the palm of his hand.

In the past two years, I've been attending the United Church, Lake and River Parish in Three Mile Bay, New York. I listen carefully and meditate on the services of Pastor Christiane Depestre. This is a small but active bible-based church, with strong fellowship. The casual service is welcoming and powerful, leaving me in awe every Sunday. The committed congregation pours their strength into one another fanning the fire of faith in each member.

The gospel messages, sermons and fellowship bring healing power so that I can go about my business, like Paul ...and shake off the snake!

Our God is a way maker, when we can't see a way and all the regrets and losses keep piling up .. God clears the way. He places people in our path to give us refuge. He fuels the fire and gives us second, third and fourth chances. Like Paul arriving in Malta, I'm greeted on Sunday by the warm, special people in our congregation. I think with all my loss, heartbreak and pain, I should just be surviving but instead I'm thriving. I meet people who are my divine connection fanning the fire of faith. God has placed people in my life to catapult me ahead. I would not have the blessing I do without the Sunday services, strong fellowship, Gods healing hands promoting me and protecting me. God has a plan, and my job is to honor God knowing he is in control. I have seen how he has shown out in my life. Today I have a joyful spirit of gratitude. I stay obedient and receive Gods infinite mercy. Faithful service to God is like my shield of protection. Amen



- Beth White, TMB Member

## Roast Pork Dinner

The UCCV Church hosted a very successful roast pork dinner on Saturday, March 26<sup>th</sup>. The meal included Pork, Mashed Potatoes and Gravy, Green Beans, Applesauce, Roll, and Dessert and was sold out within 2 hours! Thank you to everyone who played a part in this from donating money, food, or their time!



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## Youth Pizza and Game Night

A pizza and game night for the youth of Cape Vincent and surrounding towns was held on Saturday, April 2<sup>nd</sup>. There were 16 kids who came ready to play and each brought a game with them. The following 2 hours was filled with a variety of teams, games, laughing, and fun. It was a success, indeed! The next youth get-together will be a movie night...stay tuned for more details!



## **Sunday Morning Bible Study**

Join us each Sunday morning (except the first Sunday of the month) at 8am in the UCCV Fellowship Hall as we explore scriptures and discuss other topics of the day. Gwen Stone is currently leading discussions with the hope that participants take turns leading discussion. We hope to see you there!



## **Upcoming Events and Services**

### **April**

- Easter services (see page 2)
- Sunday morning Bible Study every Sunday except 1<sup>st</sup> (8-8:50 at UCCV)

### **May**

- 5/1: Men's Ecumenical Breakfast at Cup of Joy
- 5/8: Special Mothers' Day Recognition, UCCV 9:30; TMB 11:00
- Sunday morning Bible Study every Sunday except 1<sup>st</sup> (8-8:50 at UCCV)

### **June**

- 6/5: Men's Ecumenical Breakfast at Cup of Joy; Pentecost Service with Holy Communion
- 6/12: Homecoming Celebration – Join us at Rec Park, Cape Vincent at 10am for a service followed by a potluck luncheon! Please invite friends and other members of the community as we welcome our members back for the summer!
- 6/19: UCCV Healing Service at 9:30; TMB Healing Service at 11:00, and Special Fathers' Day Recognition
- Sunday morning Bible Study every Sunday except 1<sup>st</sup> (8-8:50 at UCCV)

Three Mile Bay  
United Methodist Church  
**CHICKEN & BISCUIT DINNER**



April 20, 2022  
From 3:30pm 'til Sellout  
**CURBSIDE TAKE OUT ONLY**  
\$13.00 per dinner, **dessert included.**



**HE IS RISEN... HALLELUJAH!!**

**ALL ARE WELCOME TO JOIN US AT THE ...**



**EASTER SUNRISE SERVICE IN THREE MILE BAY  
ON SUNDAY, 17<sup>TH</sup> APRIL 2022 AT 6:00 AM**

**COFFEE FELLOWSHIP FOLLOWS AT  
THE THREE MILE BAY UNITED METHODIST CHURCH  
THEN OUR EASTER SERVICE WITH HOLY COMMUNION AT 11:00 AM**

**EASTER SERVICE WITH HOLY COMMUNION AT UCCV to be held at 9:30 AM**

**PASTOR: Rev. Christiane Depestre**

## **Church Website and Facebook Pages**

Have you seen the church website (<https://www.lakeandriverparish.org>) or our Facebook page (<https://www.facebook.com/lakeandriverUMC>) lately? Please feel free to let us know if you would like to see any changes or improvements to either. Is there a recurring type of post you would like to see or a new page on the website? Let us know!

- Sandy Coombs ([sandra.c.coombs@gmail.com](mailto:sandra.c.coombs@gmail.com))

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## **Call for Help with Future Newsletters**

This newsletter is for all of our three sister churches (UCCV, TMB, and PP). PLEASE send me your pictures, upcoming events, and special happenings to share in YOUR newsletter. We are so much better together. I look forward to hearing from YOU!

- Sharon Briggs ([quiltchick555@gmail.com](mailto:quiltchick555@gmail.com))

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## **Prayers Needed**

Let us remember to care and pray for persons who are sick in hospital, in rehab, at home, and bereaved families, and persons who are going through life crises.

## **Parish Contact Information**

Pastor: Rev. Christiane Depestre  
Parsonage (315) 654-2401  
Parish Office (315) 654-2881  
Pastor Chris's Cell phone: (347) 517-8461  
Parish email: [lakeandriverumc@gmail.com](mailto:lakeandriverumc@gmail.com)

### **United Church of Cape Vincent (UCCV)**

260 Broadway Street  
Cape Vincent, New York 13618  
9:30am Service

### **Three Mile Bay UMC (TMB)**

8580 St Rte 12E  
Three Mile Bay, NY 13693  
11am Service

### **Point Peninsula UMC**

8580 St Rte 12E  
Three Mile Bay, NY 13693  
Open May 15<sup>th</sup>!  
8am Service